



Spelt is actually a type of wheat! It was once called the “wheat of the Gauls,” since it was one of the main staples of their diet!

BENEFITS

Whole grain foods contain important nutrients such as fiber, as well as minerals and vitamins.¹ Because they are high in fiber, they help reduce the risk of diseases such as Type 2 diabetes, heart disease and stroke.² High in fiber, they also support a healthy digestive system, help lower blood cholesterol levels and help you feel fuller for longer.³

Planted in the fall and resistant to Quebec winters, spelt requires little fertilizer and little fungal protection, making it an excellent cereal for organic production.⁴

GOOD TO KNOW

- Add dried fruit after baking to prevent it from burning. You could also stir in some hemp seeds at the same time.
- Granola can be kept for up to 3 months if stored in an airtight container!

SPELT, OAT AND MAPLE GRANOLA



🕒 10 MINUTES 📅 40 MINUTES

Servings: approx. 4 1/2 cups

INGREDIENTS

- 150 g (1/2 cup) spelt flakes
- 150 g (1/2 cup) oat flakes
- 60 g (1/2 cup) sunflower seeds
- 15 ml (1 tbsp) ground cinnamon
- 60 ml (1/4 cup) Maple syrup
- 30 ml (2 tbsp) brown sugar
- 45 ml (3 tbsp) canola oil
- 185 g (1 cup) dried cranberries

PREPARATION

1. Preheat oven to 150°C (300°F)
2. In a large bowl, combine spelt flakes, oats, sunflower seeds and cinnamon. Set aside for later use.
3. In a small saucepan, over medium heat, cook maple syrup, brown sugar and canola oil until smooth.
4. Add the liquid mixture to the dry ingredients and mix thoroughly.
5. Spread granola out evenly on a large baking sheet lined with parchment paper.
6. Bake for 30-35 minutes, stirring every 10 minutes, until granola is golden and crisp.
7. Add cranberries and allow to cool completely before transferring to an airtight container.

Source: Amélie Parenteau, nutritionist for Équiterre

1. <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-whole-grain-foods/>

2. <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-whole-grain-foods/>

3. <https://www.canada.ca/en/health-canada/services/nutrients/fibre.html>

4. Vanasse, A. (2018). *Guide de production: céréales d'automne*. Centre de référence en agriculture et agroalimentaire du Québec. p. 24.





SPELT CREPES



🕒 20 MINUTES 📅 20 MINUTES

Servings: 4

INGREDIENTS

- 225 g (1½ cups) whole-grain (or white) spelt flour
- 5 ml (1 tsp) baking powder
- 45 ml (3 tbsp) sugar
- 250 ml (1 cup) milk
- 15 ml (1 tbsp) vinegar
- 2 eggs
- 30 ml (2 tbsp) canola oil, plus small amount for cooking

PREPARATION

1. In a large bowl, combine flour and baking powder. Add sugar and mix thoroughly.
2. In a separate bowl, add vinegar to milk. Let stand 10 minutes.
3. Combine vinegar milk and eggs. Pour this mixture into the dry ingredients and mix until smooth. Add canola oil and mix.
4. Heat a large non-stick frying pan over medium heat. Add a small amount of canola oil to the pan. Pour in about 60 ml (¼ cup) batter for each crepe. Cook for about 2 minutes, or until bubbles form on the surface. Flip and cook 1 minute more. Repeat with remaining batter, adding canola oil as needed.
5. Set aside on a plate and cover to keep warm! Serve immediately.

Source: Amélie Parenteau, nutritionist for Équiterre

GOOD TO KNOW

- Garnish with fresh or frozen fruit.
- To change things up, replace the maple syrup with honey butter: Melt 80 g (6 tbsp) unsalted butter, softened in the microwave. Add 45 ml (3 tbsp) honey and whip until creamy, and you're done! Liquid honey can also be used instead of maple syrup!
- For variety, use nut butter or a fresh cheese (e.g. cottage, ricotta, or cream cheese).

HOW IS IT USED IN THE KITCHEN?

Try spelt flour in your next bread recipe for a bold, nutty taste!

If you want to use spelt grains (such as farro), soak them first in water to make cooking them easier.

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